

Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card

March Artist is Ed O'Brien- Ed wonderful display of landscapes will be on display at the Senior Center, Monday through Friday between 8:15 am-4:00 pm

Call the Senior Center at 413-587-1228 to make appointments or register for the events that need pre-registration or come to the Senior Center, 67 Conz St.
CORNEBEEF & CABBAGE LUNCHEON - Saturday, March 19, \$10 for Northampton seniors w/scan card \$15 for all others. Open to the public

EVENING YOGA

Day: Thursday March 3, Tuesdays March 8, 15, 22, 29

Time: 7:00 p.m.

Kripalu certified yoga instructor Donna Edgerton leads an effective evening yoga class focused on improving physical, mental and spiritual health. Class is open to seniors of all abilities. Donna is a Kripalu certified yoga instructor and a certified occupational therapy assistant with a strong background in dance. She has been practicing and teaching yoga for many years and is passionate about sharing this discipline with people as they search for their physical, mental and spiritual health.

Instructor: Donna Edgerton

Fee: \$38 Northampton seniors \$43 non-resident seniors and those ages 55-59

HAMLET-LOVELIER THE SECOND TIME AROUND

Day: Tues. Mar. 8 to Tues. April 12

Time: 1:00-2:30 pm

Hamlet is filled with beautiful language that offers the active mind rich observations about human nature. Join retired English professor

New Programs and Presentations this month

Tom Malone to read and explore this iconic work. We promise you will enjoy it more this time than you did in your high school days!

Facilitator: Tom Malone

Fee: \$10 Northampton seniors \$15 non-resident seniors and those ages 55-59

COOKING WELL WITH A MICROWAVE - with Food Bank of Western MA

Day: Friday, March 11th

Time: 10:00 am

Enjoy food tasting at a microwave cooking demo and learn about: healthy, delicious microwave meal and snack recipes, shopping and cooking meals for one or two, how to read a label, and receive a copy of our Microwave Cookbook. Prizes will be drawn.

WATERCOLOR CLASS

Day: Tuesdays

Time: 1:00 pm

Begins: Tuesday, March 15

Artist Nancy Howard instructs a watercolors class for all levels at Northampton Senior Services beginning Tuesday March 15. The class runs for six weeks, March 15, 22, 29 and April 5, 12, 19. Class meets Tuesday afternoons from 1:00-2:30 pm. There is a class fee of \$60 for Northampton senior residents and \$65 for non-resident seniors and those ages 55-59. A class materials fee of \$30 will be payable to the instructor at the first class meeting.

Instructor Nancy Howard holds a bachelor's in fine arts in painting and drawing from the Rhode Island School of Design and has been painting for over 20 years. Nancy loves to see the beauty in flowers and landscapes and loves to help others see the beauty in our surroundings. Nancy is open to working with people at all skill levels and will tailor instruction to each individual.

Classes are held at Northampton Senior Services, 67 Conz Street in Northampton. Pre-registration is required. For questions please call 413-587-1228.

KARATE CLASS -

Day: Tuesdays

Time: 2:00 pm

Begins: Tuesday, March 15

A collaboration with the Senior Center and Northampton Karate brings the opportunity for a class at the Senior Center on Tuesdays.

Fee: Contact the Senior Center to register

HAIRCUTS AT SMITH VOCATIONAL & AGRICULTURAL HIGH SCHOOL

Day: March 18

Time: Appointment must be made at the Senior Center

Stylist and co-owner of Hair by Harlow, Kendra Kaczinski, teachers and hairstylists Jennifer Gilman and Cynthia Ouimette and the students of Smith Vocational and Agricultural High School have appointments available for

senior haircuts. Haircut appointments are open to resident and non-resident seniors. Haircuts are \$5.00 for both men and women. The price includes a wash, cut and dry. For an additional \$2.00 hair can be set. Appointments will only be booked with accompanying payment and will not be booked over the phone. Appointments can be booked at Northampton Senior Services, 67 Conz Street, Northampton, MA. Haircuts take place at Smith Vocational and Agricultural High School, 80 Locust Street, Northampton, MA.

Fee: \$5.00 includes wash, cut and dry. For an additional \$2.00 hair can be set.

AUTHOR OF THE MONTH: HAL PORTNER

Day: Tuesday March 22

Time: 1:00 p.m.

The Author of the Month for March is Hal Portner and his novel *The Guardian's Way*, a story of a magical sword, fratricide, covert alliances, prejudice, jealousy, betrayal and love.

Fee: FREE for seniors with a scan card

ELMS COLLEGE NURSING STUDENTS -

Day: Thursday

Time: 2-3:30 p.m.

Blood Pressure clinics for area seniors. No appointment necessary, all seniors welcome. Students will be here through February, March and April. To provide health programming for seniors. Special health presentations on 3/17 and 3/31

*** Indicates pre-registration required due to a minimum enrollment. Programs not meeting enrollment will be cancelled.**

Dates and Times of Programs and Presentations

Tuesday March 1

Presidential Primary

8:30 Computer One on One
Appointments*
8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 PVTA Photo ID
10:00 Blood Pressure Clinic
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 Interfaith Help

Wednesday March 2

8:20 Dynamic Fitness DVD
8:30 Computer One on One
Appointments*
9:00 Beginning Digital
Photography
9:15 Veteran's Benefits Services
9:30 Low Impact 1
10:30 Low impact 2
11:00 Intermediate/Advanced
Digital Photography
11:30 Beginner/2nd Year Tap
12:00 Low Vision
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- No appts. in March
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi

Thursday March 3

8:45 Strength & Stretch
8:30 Computer One on One
Appointments*
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Mahjongg
1:30 BINGO
2:00 Elms College Nursing
Students Blood Pressure
Clinic
2:45 Tai Chi
7:00 Evening Yoga

Friday March 4

8:20 Dynamic Fitness DVD
8:30 Computer One on One
Appointments*
9:00 Deb Hollingworth-Benefits Counseling appts.
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach
12:00 Contract Bridge
1:00 Photography Club
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in
Group
2:45 Yoga
2:45 Tai Chi

Monday March 7

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Meditation
2:00 Conversational Spanish
2:45 Tai Chi

Tuesday March 8

8:30 Computer One on One
Appointments*
8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 Hamlet-Lovelier the Second Time Around: Session One*
1:00 Interfaith Help
2:45 TeaTime Tuesdays
7:00 Evening Yoga

Wednesday March 9

8:20 Dynamic Fitness DVD
8:30 Computer One on One
Appointments*
9:00 Beginning Digital
Photography
9:30 Low Impact 1
10:30 Low impact 2

11:00 Intermediate/Advanced
Digital Photography
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- No appts. in March
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi
3:30 FSB Awards Reception

Thursday March 10

8:45 Strength & Stretch
8:30 Computer One on One
Appointments*
10:00 Brown Bag
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Mahjongg
1:30 Board Meeting
1:30 BINGO
2:00 Elms College Nursing
Students Blood Pressure
Clinic
2:45 Tai Chi

Friday March 11

8:20 Dynamic Fitness DVD
8:30 Computer One on One

Appointments*
9:30 Low Impact 1
10:00 Microwave Healthy Cooking with Food Bank of Western MA
10:30 Low impact 2
12:00 Contract Bridge
1:00 Chess
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga
2:45 Tai Chi

Monday March 14

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Meditation
2:45 Tai Chi

Tuesday March 15

8:30 Computer One on One Appointments*
8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
1:00 Watercolors*
1:00 Interfaith Help
1:00 Hamlet-Lovelier the Second Time Around: Session Two*
2:00 Karate*
2:45 Tea Time Tuesdays
5:00 Disability Commission
5:30 Better Breathers
7:00 Evening Yoga

Wednesday March 16

8:20 Dynamic Fitness DVD
8:30 Computer One on One Appointments*
9:00 Beginning Digital Photography Class
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
11:00 Intermediate/Advanced Digital Photography Class
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- No appts. March
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi

Thursday March 17

8:45 Strength & Stretch
8:30 Computer One on One Appointments*
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:00 Readers & Thinkers: "The Rosie Project" by Graeme Simpson
1:30 Intermediate Tap
1:00 Mahjongg
1:30 BINGO
2:30 Nutrition & Diabetes: Free health presentation

with Elms College Nursing Students
2:45 Tai Chi

Friday March 18

8:20 Dynamic Fitness DVD
8:30 Computer One on One Appointments*
9:00 Haircuts with Kendra at Smith Vocational High School
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach
12:00 Contract Bridge
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga
2:45 Tai Chi

Saturday March 19

11:30-1:30 Corned Beef & Cabbage Luncheon*

Monday March 21

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Monday Movie Madness: "The Intern"
1:30 Meditation
2:45 Tai Chi

Tuesday March 22

8:30 Computer One on One Appointments*
8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
1:00 Watercolors*
1:00 Interfaith Help
1:00 Author of the Month: Hal Portner
1:00 Hamlet-Lovelier the Second Time Around: Session Three*
2:00 Karate*
2:45 Tea Time Tuesdays
7:00 Evening Yoga

Wednesday March 23

8:20 Dynamic Fitness DVD
8:30 Computer One on One Appointments*
9:00 Beginning Digital Photography Class
9:30 Low Impact 1
10:30 Low impact 2
11:00 Intermediate/Advanced Digital Photography Class
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- No appts. March
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi

Thursday March 24

8:45 Strength & Stretch
8:30 Computer One on One Appointments*
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group

10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Mahjongg
1:30 BINGO
2:00 Elms College Nursing Students Blood Pressure Clinic
2:45 Tai Chi

Friday March 25

8:20 Dynamic Fitness DVD
8:30 Computer One on One Appointments*
9:30 Low Impact 1
10:00 SNAP – by appt. only
10:30 Low impact 2
12:00 Contract Bridge
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
1:00 Chess
2:45 Yoga
2:45 Tai Chi

Monday March 28

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Meditation
2:45 Tai Chi

Tuesday March 29

8:30 Computer One on One Appointments*
8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 Watercolors*
1:00 Interfaith Help
1:00 Hamlet-Lovelier the Second Time Around: Session Four*
2:00 Karate*
2:45 Tea Time Tuesdays
7:00 Evening Yoga

Wednesday March 30

8:20 Dynamic Fitness DVD
8:30 Computer One on One Appointments*
9:30 Low Impact 1
10:30 Low impact 2
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- No March appts
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi
NEF Spelling Bee

Thursday March 31

8:45 Strength & Stretch
8:30 Computer One on One Appointments*
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Mahjongg

1:30 BINGO
2:30 Nutrition Myths & Mysteries: A free presentation with Elms College Nursing students
2:45 Tai Chi

See you at the Senior Center..

Below are some of the upcoming opportunities at the Senior Center. Scan cards are required to participate. Sign up for one today if you don't have one.

EVENTS IN APRIL

- **Cooking with CareOne at Northampton. Monday April 4 at 1:00 pm** - Chicken Francais is on the menu for this session. Free to seniors.

- **A film and discussion on the book, "Being Mortal" Monday April 4 from 6:00-8:00 pm -- Free** - A screening of the Frontline documentary. Follows Dr. Atul Gawande as he explores the relationships doctors have with patients who are nearing end of life. Nurse Sharon Ashton will lead a discussion after the film

-**Author of the Month, Brian Adams - Tuesday April 5 at 1:00 pm** - Join Brian for a reading and discussion from "Love in the Time of Climate Change" Brian is a professor of Environmental Science and co-chair of the Science Department at Greenfield Community College. He is very active in the climate change movement. Join us to hear about his book, a romantic comedy about global warming that will keep you laughing and thinking.

-**Wednesday April 6 -Deadline for Oguinquit deposits**

-**Thursday April 7 - Deadline for Newport Trip**

- **Greeting Cards with CareOne Friday April 8 at 1:00 pm** - Come and have some fun once again and make a greeting card with friends

- **Writing Workshop "Tips for Writing, What you Thought You Could Never Write", with Jacqueline Sheehan - Tuesday April 12 at 10:30 am** – Pre-registration is required.

- **Monday April 18 – CLOSED for Patriot's Day**

- **Author of the Month, Jacqueline Sheehan - Tuesday April 19 at 1:00 pm** - Jacqueline will be here to do a reading and discuss her book from her 5th novel "The Center of the World".

- **Volunteer Recognition Dinner Wednesday April 20 from 5:30-7:00 pm** - Invitation only to our volunteers who have given more than a certain number of hours at the Northampton Senior Center.